Find your healthy place
With care for all that is you

kp.org/myhealthyplace

2023 California Enrollment Guide
Go where you feel like your best self

We can help you get to your healthy place – no matter where it is. Care at Kaiser Permanente feels easier and faster, with connected caregivers, more ways to get care, and support for a healthy mind, body, and spirit. Welcome to care for all that is you.

LEARN MORE ABOUT:

- Personalized care that’s easy to get .............................................................. 3
- Industry-leading quality ............................................................................................ 6
- How we make joining easy .......................................................................................... 7
- Membership extras ........................................................................................................ 8
- Our doctors and locations ............................................................................................. 9

Want to talk? We’re here to help.
A Kaiser Permanente enrollment specialist can answer your questions – like where to get care or what extra perks are included. Call 1-800-514-0985 (TTY 711), Monday through Friday, 7 a.m. to 6 p.m. Pacific time.
Built to make your life easier

Kaiser Permanente combines care and coverage – which makes us different than your other health care options. Your doctors, hospitals, and health plan work together to help make exceptional health care easy to get. That means you’ll have peace of mind knowing care for your total health is there whenever you need it – from your doctor’s office to your living room.

To see what it’s like to be a member, visit kp.org/myhealthyplace.

“I really appreciate the coordination of care. Every doctor and specialist can access my records, and I don’t have to waste valuable time repeating medical histories.”

—Lisa, Kaiser Permanente member
Care centered around you

Care at Kaiser Permanente isn’t one-size-fits-all. Our physician-led teams work together to make sure the care you get is tailored to your needs. And your care team is connected to your electronic health record, which makes it easy to share information, see your health history, and deliver high-quality, personalized care – when and where you need it.

Your healthy place should reflect all that is you

We believe your story, background, and values are as important as your health history. To help deliver care that’s sensitive to your culture, ethnicity, and lifestyle, we:

• Hire doctors and staff who speak more than one language
• Offer phone interpretation services in more than 150 languages
• Helped improve health outcomes among our diverse member populations for conditions like high blood pressure, diabetes, and colon cancer

Get seamless care with the help of your electronic health record

Share your health history and any concerns with your personal doctor. Your doctor coordinates your care, so you don’t have to worry about where to go or who to call next. Future care teams have a full picture of your health history – without you having to repeat your story. With your health records in hand, your care team knows your needs in the moment and reminds you to schedule checkups and tests. Plus, you can view your records 24/7.
Convenient ways to get care

Same-day, next-day, and weekend appointments are available at most locations, and by phone and video.²

Visit us in person at a location near you. Talk to a health care professional by phone or video.²

24-hour virtual care on your schedule
If a trip to the doctor’s office doesn’t fit your schedule, it’s easy to get fast, personalized support – daytime, nighttime, anytime.

- Schedule a phone or video visit with a doctor or clinician.²
- Get 24/7 care advice by phone.
- Email your Kaiser Permanente doctor’s office with nonurgent questions.
- Use our e-visit questionnaire to get personalized care advice for certain conditions, order many tests, and get some prescriptions online.
- Chat online with a Kaiser Permanente clinician for advice.

When connecting to care virtually, you may save money as well as time. Telehealth is covered at no cost with most plans.³

Prescription delivery
Fill prescriptions online or with the Kaiser Permanente app.⁴

- Have most delivered directly to your front door.
- Order them for same-day pickup.
- Get same-day or next-day delivery for an additional fee.⁵

Kaiser Permanente app
Manage your health 24/7 with our app. It’s an easy, convenient way to do everything described above – anytime, anywhere.⁶

Care away from home
You’re covered for urgent and emergency care anywhere in the world. And if you’re planning to travel, we can help you stay on top of your health when you’re away from home. We’ll work with you to see if you need a vaccination, refill prescriptions, and more.
Industry-leading clinical quality

We’re known for catching problems early with preventive care. But if your health needs more complex attention, our world-class specialty care has you covered.

In 2021, Kaiser Permanente led the nation as the top performer in 42 effectiveness-of-care measures. The closest national competitor led in only 14.

Specialty care when you need it

No matter your needs – mental health, maternity, cancer care, heart health, and more – you’ll have access to great doctors, advanced technology, and evidence-based care to help you recover quickly.

A comprehensive approach to care

With one of the largest multispecialty medical groups in the country, we can connect you with a highly trained specialist who’ll create a personalized plan for your care. To learn how our specialists work together in a connected system, visit kp.org/specialtycare.

Support for ongoing conditions

If you have a condition like diabetes or heart disease, you’re automatically enrolled in a disease management program for personal coaching and support. With a well-rounded approach backed by proven best practices and advanced technology, we’ll help you get the care you need to continue living life to the fullest.
A better experience from the start

We guide you through each step of joining Kaiser Permanente, so you get the care you need without missing a beat.

Search profiles to find the right doctor

Our online doctor profiles let you browse the many doctors and locations in your area, even before you enroll. So you can join knowing you’ve found a doctor who fits your needs.

Transition your care seamlessly

Easily move prescriptions and schedule a visit with a doctor who’s close to your home, work, or school. From day one, you’ll have the support you need to help reach your health goals.

Connect to care online

After you enroll, create an account at kp.org or download the Kaiser Permanente app. Then manage your health on your schedule – whenever, wherever.

Health care doesn’t have to be confusing

If you don’t know an HMO from an HSA, you’re not alone. But rest assured – we’re here to make health care easier to understand. Get help learning the basics at kp.org/learnthebasics.
Making the most of your membership

Good health goes beyond the doctor’s office. Find your healthy place by exploring some of the convenient features and extras available to members. Many of these resources are available at no additional cost.

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acupuncture, massage therapy, chiropractic care</td>
<td>Enjoy reduced rates on services to help you stay healthy.</td>
</tr>
<tr>
<td>Reduced rates on gym memberships</td>
<td>Stay active by joining a local fitness center, plus enjoy thousands of digital workout videos.</td>
</tr>
<tr>
<td>Healthy lifestyle programs</td>
<td>Connect to better health with online programs to help you lose weight, quit smoking, reduce stress, and more.</td>
</tr>
<tr>
<td>Wellness coaching</td>
<td>Get help reaching your health goals by working one-on-one with a wellness coach by phone.</td>
</tr>
</tbody>
</table>

Extras for your total health

- **Calm**: Members can use meditation and mindfulness to build mental resilience, reduce stress, and improve sleep.

- **myStrength**: Members can set mental health goals, track progress, and get support managing depression, anxiety, and more.

- **classpass**: Choose from thousands of on-demand workout videos and get reduced rates on livestream and in-person classes.
Care that meets you where you are

When you’re a member, you get access to our doctors and facilities – conveniently located near where you live, work, and play. And when you can’t come to us, you can get care virtually or have most prescriptions delivered to your home.

117.8M
VIRTUAL CONNECTIONS
between members and their care teams in 2021

12.6M
MEMBERS
covered for care needs in mind and body

23,656
DOCTORS AND SPECIALISTS
connected to easily share the latest medical advancements

42.5M
PRESCRIPTION DELIVERIES
to members’ homes in 2021

773
HOSPITALS AND MEDICAL OFFICES
with many services often under one roof, so you can get everything done quickly

9
AREAS
to get Kaiser Permanente care in person – California, Colorado, Georgia, Hawaii, Maryland, Oregon, Virginia, Washington, and Washington, D.C.

Your choice of doctors and locations
Visit kp.org/doctors to see all Kaiser Permanente locations near you and browse our online doctor profiles. You can choose your personal doctor and change anytime, for any reason.

Doctor and facility counts include affiliated medical professionals and locations.
1. Kaiser Permanente improved blood pressure control in our Black/African-American members with hypertension, raised colorectal cancer screening rates in our Hispanic/Latino members, and improved blood sugar control in our members with diabetes. Self-reported race and ethnicity data are captured in KP HealthConnect, and HEDIS® measures are updated quarterly in the interregional CORE Datamart. 2. When appropriate and available. If you travel out of state, phone appointments and video visits may not be available due to state laws that may prevent doctors from providing care across state lines. Laws differ by state. 3. High deductible health plans may require a copay or coinsurance for phone appointments and video visits. 4. Available on most prescription orders; additional fees may apply. For more information, contact the pharmacy. 5. Same-day and next-day prescription delivery services may be available for an additional fee. These services are not covered under your health plan benefits and may be limited to specific prescription drugs, pharmacies, and areas. Order cutoff times and delivery days may vary by pharmacy location. Kaiser Permanente is not responsible for delivery delays by mail carriers. Kaiser Permanente may discontinue same-day and next-day prescription delivery services at any time without notice and other restrictions may apply. Medi-Cal and Medicaid beneficiaries should ask their pharmacy for more information about prescriptions. 6. These features are available when you get care from Kaiser Permanente facilities. To use the Kaiser Permanente app, you must be a Kaiser Permanente member registered on kp.org. 7. Kaiser Permanente 2021 HEDIS® scores. Benchmarks provided by the National Committee for Quality Assurance (NCQA) Quality Compass® and represent all lines of business. Kaiser Permanente combined region scores were provided by the Kaiser Permanente Department of Care and Service Quality. The source for data contained in this publication is Quality Compass 2021 and is used with the permission of NCQA. Quality Compass 2021 includes certain CAHPS data. Any data display, analysis, interpretation, or conclusion based on these data is solely that of the authors, and NCQA specifically disclaims responsibility for any such display, analysis, interpretation, or conclusion. Quality Compass® and HEDIS® are registered trademarks of NCQA. CAHPS® is a registered trademark of the Agency for Healthcare Research and Quality. 8. Some of these services may not be covered under your health plan benefits or subject to the terms set forth in your Evidence of Coverage or other plan documents. Services that aren’t health plan benefits may be discontinued at any time without notice. 9. Kaiser Permanente Telehealth Insights Dashboard.
Let us help you find your healthy place

Having a good health plan is important for peace of mind. So is getting quality care. With Kaiser Permanente, you get both.

Want to learn more?
Talk to an enrollment specialist today about specialty care, extra features, and more. Call 1-800-514-0985 (TTY 711), Monday through Friday, 7 a.m. to 6 p.m. PT.

Visit kp.org/myhealthyplace to see how we can make your care experience better, no matter what stage of life you’re in.

Current members with questions can call Member Services, 24 hours a day, 7 days a week (closed holidays).

• 1-800-464-4000 (English and more than 150 languages using interpreter services)
• 1-800-788-0616 (Spanish)
• 1-800-757-7585 (Chinese dialects)
• 711 (TTY)
Language Assistance Services

**English:** Language assistance is available at no cost to you, 24 hours a day, 7 days a week. You can request interpreter services, materials translated into your language, or in alternative formats. You can also request auxiliary aids and devices at our facilities. Just call us at **1-800-464-4000**, 24 hours a day, 7 days a week (closed holidays). TTY users call 711.

**Arabic:** خدمات الترجمة الفورية متوفّرة لك مجانًا على مدار الساعة كافة أيام الأسبوع. يمكنك طلب خدمات الترجمة الفورية أو ترجمة وثائقك باللغة والJNI أو في صيغ أخرى. يمكنك أيضًا طلب خدمات إضافية وأجهزة تفاعلية في مواقعنا. يمكنك الاتصال بنا على الرقم **1-800-464-4000** على مدار الساعة كافة أيام الأسبوع (رقم مفتوح 24 ساعة فضلاً على أيام العطلات). TTY - استخدام مساعدات إضافية والتجهيزات الأخرى. يرجى الاتصال بالرقم (711).

**Armenian:** Ձեզ կարող է անվճար օգնություն տրամադրվել լեզվի հարցում 24 ժամ և 7 օր շաբաթը։ Դուք կարող եք պահանջել բանավոր թարգմանչի ծառայություններ, Ձեր լեզվով թարգմանված կամ այլընտրանքային ձևաչափով պատրաստված նյութեր։ Դուք նաև կարող եք խնդրել օժանդակ օգնություններ և սարքեր մեր հաստատություններում։ Պարզապես զանգահարեք մեզ 1-800-464-4000 հեռախոսահամարով։ Դուք կարող եք այս համարով զանգահարել 711:

**Chinese:** 您每周 7 天，每天 24 小时均可獲得免費語言協助。您可以申請口譯服務，要求將資料翻譯成您所用語言或轉換為其他格式。您還可以在我們的場所內申請使用輔助工具和設備。我們每週 7 天，每天 24 小時均歡迎您打電話 **1-800-757-7585** 前來聯絡（節假日休息）。聽障及語障專線 (TTY) 使用者請撥 711。

**Farsi:** خدمات زبانی در 24 ساعت پنجشنبه و 7 روز هفته بدون هزینه می‌باشند. شما می‌توانید برای خدمات متوجه شوید، در خواستات کمک کنید. شما می‌توانید مطالب کامپیوتری جایگزین و رساله‌های خدمات درخواست کنید. شما می‌توانید خدمات درخواست کنید که در 24 ساعت به روز هفته و پنجشنبه امکان‌پذیر باشد. شما می‌توانید خدمات به روز هفته 7 روزه (ارائه روزهای تعطیل) با شماره شماره 1-800-464-4000 تماس بگیرید. تی‌تی‌یو (TTY) کامپیوتری روزهای تعطیل استفاده کنید.

**Hindi:** बिना किसी लागत के दुभाबिया सेवाओं, दिन के 24 पंटे, सप्ताह के सातों दिन उपलब्ध हैं। आप एक दुभाबिये की सेवाओं के लिए, बिना किसी लागत के सामग्रियों को अपनी भाषा में अनुवाद करवाने के लिए, या वैकल्पिक प्राकृतिकों के लिए अनुरोध कर सकते हैं। आप हमारे सुविधा संगठनों में सहायता साधनों और उपकरणों के लिए भी अनुरोध कर सकते हैं। यह केवल हमें 1-800-464-4000 पर, दिन के 24 पंटे, सप्ताह के सातों दिन (छुट्टियों के बाद रहता है) कॉल करना चाहिए। TTY उपयोगकर्ता 711 पर कॉल करें।

**Hmong:** Muaj kec pab txhais lus pub dawb rau koj, 24 teev ib hnb twg, 7 hnb ib lim tiam twg. Koj thov tau cov kev pub txhais lus, muab cov ntaub ntawv txhais ua koy hom lus, los yog ua lwm hom. Koj kuj thov tau lwm yam kev pub thiab khoom siv hauv peb tej tsev hauj lwm. Tsuaus hu rau 1-800-464-4000, 24 teev ib hnb twg, 7 hnb ib lim tiam twg (cov hnb caiv kaw). Cov neeg siv TTY hu 711.

**Japanese:** 当院では、言語支援を無料で、年中無休、 終日ご利用いただけます。通訳サービス、日本語に 翻訳された資料、あるいは資料を別の書式でも依頼 できます。補助サービスや当施設の機器について もご相談いただけます。お気軽にお電話ください。 TTY ユーザーは 711 にお電話ください。
Spanish: Tenemos disponible asistencia en su idioma sin ningún costo para usted 24 horas al día, 7 días a la semana. Puede solicitar los servicios de un intérprete, que los materiales se traduzcan a su idioma o en formatos alternativos. También puede solicitar recursos para discapacidades en nuestros centros de atención. Solo llame al 1-800-788-0616, 24 horas al día, 7 días a la semana (excepto los días festivos). Los usuarios de TTY, deben llamar al 711.

Thai: มีบริการช่วยเหลือด้านภาษาฟรีตลอด 24 ชั่วโมง 7 วันต่อสัปดาห์ คุณสามารถขอใช้บริการสำม่แลออกสารเป็นภาษาของคุณ หรือในรูปแบบอื่นได้ คุณสามารถขออุปกรณ์และเครื่องมือช่วยเหลือได้ที่ศูนย์บริการให้ความช่วยเหลือของเรา โดยโทรหาเราที่ 1-800-464-4000 ตลอด 24 ชั่วโมง 7 วันต่อสัปดาห์ (ยกเว้นวันหยุดราชการ) ผู้ใช้ TTY ให้โทร 711

Ukrainian: Послуги перекладача надаються безкоштовно, цілодобово, 7 днів на тиждень. Ви можете зробити запит на послуги усного перекладача, отримання матеріалів у перекладі мовою, якою володієте, або в альтернативних форматах. Також ви можете зробити запит на отримання допоміжних засобів і пристроїв у закладах нашої мережі компаній. Просто зв'єднайтеся з нами за номером 1-800-464-4000. Ми працюємо цілодобово, 7 днів на тиждень (крім святкових днів). Номер для користувачів телетайпа: 711.

Vietnamese: Dịch vụ thông dịch được cung cấp miễn phí cho quý vị 24 giờ mỗi ngày, 7 ngày trong tuần. Quý vị có thể yêu cầu dịch vụ thông dịch, tài liệu phiên dịch ra ngôn ngữ của quý vị hoặc tài liệu bằng hình ảnh hoặc quý vị cũng có thể yêu cầu các phương tiện trợ giúp và thiết bị hỗ trợ tại các cơ sở của chúng tôi. Quý vị chỉ cần gọi cho chúng tôi tại số 1-800-464-4000, 24 giờ mỗi ngày, 7 ngày trong tuần (trừ các ngày lễ). Người dùng TTY xin gọi 711.
Nondiscrimination Notice

Discrimination is against the law. Kaiser Permanente follows State and Federal civil rights laws.

Kaiser Permanente does not unlawfully discriminate, exclude people, or treat them differently because of age, race, ethnic group identification, color, national origin, cultural background, ancestry, religion, sex, gender, gender identity, gender expression, sexual orientation, marital status, physical or mental disability, medical condition, source of payment, genetic information, citizenship, primary language, or immigration status.

Kaiser Permanente provides the following services:

- No-cost aids and services to people with disabilities to help them communicate better with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (braille, large print, audio, accessible electronic formats, and other formats)

- No-cost language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, call our Member Service Contact Center at **1-800-464-4000 (TTY 711)**, 24 hours a day, 7 days a week (except closed holidays). If you cannot hear or speak well, please call 711.

Upon request, this document can be made available to you in braille, large print, audiocassette, or electronic form. To obtain a copy in one of these alternative formats, or another format, call our Member Service Contact Center and ask for the format you need.

How to file a grievance with Kaiser Permanente

You can file a discrimination grievance with Kaiser Permanente if you believe we have failed to provide these services or unlawfully discriminated in another way. Please refer to your Evidence of Coverage or Certificate of Insurance for details. You may also speak with a Member Services representative about the options that apply to you. Please call Member Services if you need help filing a grievance.

You may submit a discrimination grievance in the following ways:

- **By phone:** Call Member Services at **1-800-464-4000 (TTY 711)** 24 hours a day, 7 days a week (except closed holidays)
- **By mail:** Call us at **1-800-464-4000 (TTY 711)** and ask to have a form sent to you
- **In person:** Fill out a Complaint or Benefit Claim/Request form at a member services office located at a Plan Facility (go to your provider directory at kp.org/facilities for addresses)
- **Online:** Use the online form on our website at kp.org
You may also contact the Kaiser Permanente Civil Rights Coordinators directly at the addresses below:

Attn: Kaiser Permanente Civil Rights Coordinator
Member Relations Grievance Operations
P.O. Box 939001
San Diego CA 92193

How to file a grievance with the California Department of Health Care Services Office of Civil Rights *(For Medi-Cal Beneficiaries Only)*

You can also file a civil rights complaint with the California Department of Health Care Services Office of Civil Rights in writing, by phone or by email:

- **By phone:** Call DHCS Office of Civil Rights at **916-440-7370** (TTY **711**)
- **By mail:** Fill out a complaint form or send a letter to:
  
  Deputy Director, Office of Civil Rights
  Department of Health Care Services
  Office of Civil Rights
  P.O. Box 997413, MS 0009
  Sacramento, CA 95899-7413

  Complaint forms are available at: [http://www.dhcs.ca.gov/Pages/Language_Access.aspx](http://www.dhcs.ca.gov/Pages/Language_Access.aspx)

- **Online:** Send an email to CivilRights@dhcs.ca.gov

How to file a grievance with the U.S. Department of Health and Human Services Office of Civil Rights

You can file a discrimination complaint with the U.S. Department of Health and Human Services Office for Civil Rights. You can file your complaint in writing, by phone, or online:

- **By phone:** Call **1-800-368-1019** (TTY **711** or **1-800-537-7697**)
- **By mail:** Fill out a complaint form or send a letter to:
  
  U.S. Department of Health and Human Services
  200 Independence Avenue, SW
  Room 509F, HHH Building
  Washington, D.C.  20201

  Complaint forms are available at:

- **Online:** Visit the Office of Civil Rights Complaint Portal at:
  [https://ocrportal.hhs.gov/ocr/portal/lobby.jsf](https://ocrportal.hhs.gov/ocr/portal/lobby.jsf).